



# HOOPREIGN SUMMER WORKOUTS 2024

Boys and Girls summer packet

## MOTTO

“Every jersey has a story”

Jeremiah Barkey  
Buckeye Alumni

<b>Please fill out the following registration/waiver form:</b> Player Name:	
School Attending:	Grade:
Parent Name:	Relationship:
HM #:	Cell #:
Address:	
E-mail:	
Athlete Name:	Athlete GPA:
After School Plan:	Cell #:
Address:	
E-mail:	
Emergency Contact Name:	
Emergency Contact Number:	
Allergies:	
Medical Info:	Out of Town dates:
Transportation, Injury, and Photography Release	
<p><b>Agreement, Waiver and Release for Minor</b></p> <p>I am aware that participation in the HoopReign basketball program has some inherent risks and injury can occur. I hereby authorize the director of the HoopReign Program to act for me according to their best judgment in any emergency requiring medical attention to my son/daughter. I waive and release the HoopReign Program, its coaches, volunteers, Buckeye High School and Buckeye Union High School District from any and all claims for personal injury. I will be responsible for any medical or other charges in connection with his/her involvement in the program. I hereby expressly permit said minor child to travel by private automobile to activities and events related to the basketball program. I hereby give consent to allow photographs of said minor. I understand the pictures may be used by HoopReign Basketball. I attest I am eighteen years or older and that my child is physically fit and have no known medical conditions which prohibit participation in this sport. I have read this waiver and agree to the contents.</p>	
Parent (Guardian) Signature:	Date:

# THINGS NEEDED TO PLAY

\*Dribble handle goggles

6-13\$ on Amazon



\*Jump rope

\$3 dollar store



\*Personal basketball

Must fit personal need (indoor or outdoor)



\*Tennis balls (enough to last the summer)

12-30\$ on Amazon



\*Parachute (if you did not play varsity)

10-30\$ on Amazon



**Primary position you play (circle)**

PG  2G  Wing  Forward  Post

**Secondary position you play (circle)**

PG  2G  Wing  Forward  Post

**Level played during 2023-2024 (circle)**

Varsity  Jr. Varsity  9th  Other

**High School Stats (for level circled)**

Points Per Game \_\_\_\_\_

Rebounds Per Game \_\_\_\_\_

Assists Per Game \_\_\_\_\_

2 PT FG % \_\_\_\_\_

3 PT FG % \_\_\_\_\_

FT % \_\_\_\_\_

Most points in a single game \_\_\_\_\_

School team's W/L record \_\_\_\_\_

How far in the state playoffs did your  
team advance? \_\_\_\_\_

**Awards or honors that player has received**

**(list) :** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Jersey Order Detail

Note: Please complete a separate order form for each player.

Player Last Name:

Player First Name:

Players Age (as of September 15 this year):

Please circle one:

Full Uniform

Shorts Only

Jersey Only

Jersey Size:

Shorts Size:

Jersey #



Tournaments HoopReign plans to participate in during the 2024 summer

### Coca Cola Classic

Map Sports Facility  
12552 WESTERN AVE  
GARDEN GROVE, CA, 92841

This is the most competitive youth tournament on the west coast. features 5 divisions of play. Invite, Platinum, Gold, Silver, Bronze. Boys 2nd grade thru 12th grade. Girls 4th thru HS. Teams from TX, OR, CO, NV, OK, WA, AZ, NM, CA, NC, ID, UT Events will only hold 450 teams

ALL GAMES START ON FRIDAY JUNE 16TH @ 5PM. POOL PLAY OF 3 GAMES FOLLOWED BY BRACKET PLAY ENDING SUNDAY JUNE 18TH 5PM. MANDATORY DRESS CODE FOR COACHES. WILL BE IN RULES



Bigfoot Hoops: Las Vegas Classic or Las Vegas Main Event

### Classic:

This is the place to be for all age groups to end the July tournament season. Come to Las Vegas to finish the season with a first-class event. In 2019, over 900 teams, including most of the top teams in the country, descended on Las Vegas to end their travel season at the Las Vegas Classic. In addition, many played in our Las Vegas LIVE and stayed to play in the Classic too. Webster's Dictionary equates a "Classic" to "a standard in quality." We plan on living up to that name and will make the Las Vegas Classic the standard of quality that you, your parents, coaches, and team have come to expect.



### Main Event:

Come to the Main Event in Las Vegas – the entertainment capital of the world. This is the tournament where players such as Kevin Durant, Ty Lawson, Isaiah Thomas, DeMar DeRozan, and many more made their mark when in high school. Join us for this landmark event in July! Planning NCAA Certification; Certified play begins Friday, all teams must be ready to play at 8:00 am. Planning NCAA certification.





Arizona Warm Up

April 6-7, 2024

Phoenix, AZ

9u-17u

[Learn More](#)



Cactus Classic

April 20-21, 2024

Phoenix, AZ

8u-18u

[Learn More](#)



Battle in the Desert

May 17-19, 2024

Phoenix, AZ

3rd grade - 18u

[Learn More](#)



# PHX IS RISING 2024



## TOURNAMENT SCHEDULE

- |                |                         |
|----------------|-------------------------|
| JANUARY 27-28  | JULY 13-14              |
| FEBRUARY 24-25 | JULY 20-21              |
| MARCH 9-10     | JULY 27-28              |
| MARCH 16-17    | AUGUST 3-4              |
| MARCH 23-24    | AUGUST 17-18            |
| MARCH 30-31    | AUGUST 24-25            |
| APRIL 6-7      | SEPTEMBER 7-8           |
| APRIL 20-21    | SEPTEMBER 21-22         |
| APRIL 27-28    | OCTOBER 5-6             |
| MAY 11-12      | OCTOBER 19-20           |
| MAY 18-19      | OCTOBER 27, SUNDAY ONLY |
| MAY 25-26      | NOVEMBER 9-10           |
| JUNE 8-9       | NOVEMBER 23-24          |
| JUNE 15-16     | NOVEMBER 30-DECEMBER 1  |
| JUNE 22-23     | DECEMBER 8, SUNDAY ONLY |
| JUNE 29-30     | DECEMBER 14-15          |

AMERICAN SPORTS CENTER	755 N 114TH AVE. AVONDALE, AZ 85323	
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[QUICKSCORES.COM/PHXISRISING](https://QUICKSCORES.COM/PHXISRISING)

MARCH 29- APRIL 1 2024



ELITE YOUTH EASTER  
SHOWCASE 2024

REGISTER

APRIL 12-14 2024



THE BATTLEGROUNDS 2024

REGISTER

MAY 10-12 2024



HARDWOOD CLASSIC 2024

REGISTER

MAY 31- JUNE 2 2024



ARIZONA SUMMER JAM 2024

REGISTER

JUNE 7-9 2024



BEAT THE HEAT 2024

REGISTER

JULY 6-7 2024



AZ FREEDOM FESTIVAL 2024

REGISTER

JULY 20-21 2024



THE SUMMER CLASSIC 2024

REGISTER

AUGUST 9-11, 2024



CHAMPIONS CUP SERIES  
FINALE

REGISTER

AUGUST 30 -SEPTEMBER 1 2024



THE WARMUP 2024

REGISTER

SEPTEMBER 20-22 2024



COACHES VS CANCER CLASSIC  
2024

OCTOBER 12-13 2024



THE FALL FRENZY TIP OFF  
CHALLENGE 2024

NOVEMBER 8-10, 2024



SALUTE TO SERVICE SHOOTOUT  
2024



# PLAYER COMBINE (ALL PLAYERS)

(APRIL 6<sup>TH</sup>)

40 yard dash (baseline to baseline & baseline to halfcourt)

Vertical jump

Defensive slides+close out (timed like 40)

- start in the middle of paint slide to left then back to the middle then back pedal to baseline then come up to the middle then slide right then come back middle then close out at the top of the key, stop time after close out

•

1 minute dribble

- how many dribbles you can do with each hand (30 seconds each hand)

Passing accuracy

- 10 outlet passes from the paint to hit a head cutter
- 10 back door passes from the wing
- 10 chest, right hand, left hand passes through a tire

15 shot 3 level shooting

-with a rebounder

-start with a free throw make or miss take a layup next then a 3 then a mid range shot (anywhere) then layup, then 3, repeat process till 15 shots taken

Scrimmage

# daily abs

NEILA REY WORKOUT

neilarey.com



1. knee crunches    2. bicycle crunches    3. flutter kicks



4. heel touches    5. Russian twists    6. leg raises

**10 reps each**

level I 3 sets level II 4 sets level III 6 sets rest between sets up to 2 minutes

# daily workout

NEILA REY © neilarey.com



10 jumping jacks

10 squats

5 push-ups

10 climbers

10 plank jump-ins

10 high knees





10 knee pull-ins

10 cross crunches

10 leg raises

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# SET/JUMP SHOT - B E E F

Balance	Elbow	Eyes	Follow-through
			
<ul style="list-style-type: none"> <li>• Feet should be shoulder width apart, with one foot slightly in front of the other.</li> <li>• Standing on the balls of your feet.</li> <li>• Knee's bent to be able to generate power.</li> </ul>	<ul style="list-style-type: none"> <li>• Non shooting hand placed at the side of the ball.</li> <li>• With your shooting hand fingers should be spread out to improve grip.</li> <li>• Elbow needs to be bent at a 90 degrees angle.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball should be above head height, elbows should still remain at a 90 degrees angle.</li> <li>• Eyes remain on the target (basket).</li> </ul>	<ul style="list-style-type: none"> <li>• Fingers spin the ball out of your hands.</li> <li>• Shooting arm extends towards the target, with fingers pointing at the basket.</li> <li>• Hold the finish for maximum effect.</li> </ul>




 Cone Dribbling - Crossovers  
2x30 secs



 Cone Dribbling - Inside Out  
2x30 secs



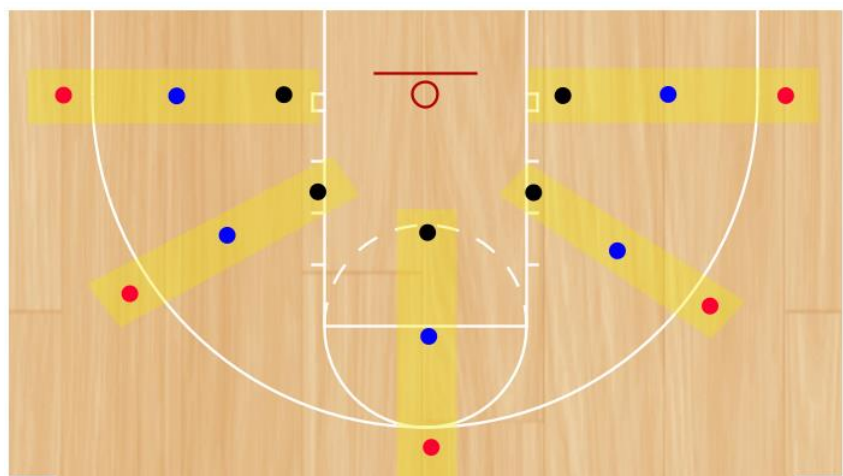
 Cone Dribbling - Between the Legs  
2x30 secs



 Around the Head Ball Wraps  
2x30 secs

- (3) No Jump
- (3) 1 dribble
- (3) crossover shot
- (3) Inside out shot
- (3) between the legs shot

BLK: Mon BLUE: Wed RED:Fri



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